

Fighting the Mental Health Stigma

One in five U.S. adults experience a mental health condition each year. But only 47% of those who are diagnosed get treatment.¹ Overall, stigma continues to be a major barrier that prevents individuals from receiving treatment. Stigma is not something that will go away on its own, but if we work together, we can change the way we perceive mental illness.



Stigmas around mental health conditions can lead to:²

- Reduced hope
- Lower self-esteem
- Increased symptoms
- Difficulties with relationships and at work
- Reduced likelihood of seeking or continuing treatment

Steps we can take to fight mental health stigma:³

- Educate yourself and others on mental health disorders
- Words matter; be conscious of your language around mental health
- Encourage equality between physical and mental illness
- Show compassion for those with mental health conditions
- Normalize mental health treatment, like any other health care treatment



The Compass Rose Health Plan provides coverage for outpatient counseling and inpatient behavioral health services. Visit compassrosebenefits.com/mental-health to learn more.



¹ National Alliance on Mental Illness. <https://www.nami.org/mhstats>

² American Psychiatric Association. <https://www.psychiatry.org/patients-families/stigma-and-discrimination>

³ National Alliance on Mental Illness. <https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>

